

Produce

- ___ 8-12 oz. fresh green beans (1)
- ___ 1 lemon (1)
- ___ 12 T. fresh parsley, snipped (1,4,5)
- ___ 9 garlic cloves, minced (1,4,6)
- ___ 2 c. broccoli florets (3)
- ___ 2 c. cauliflowerets (3)
- ___ 1-1/2 red bell pepper (3,5)
- ___ 3 onions (3,4,6)
- ___ 2 ears corn on the cob (can be substituted with 1-1/2 cups frozen corn kernels, thawed) (5)
- ___ 1 c. baby spinach (5)
- ___ 1/2 red onion (5)
- ___ 1 plum tomato (5)
- ___ 1 jalapeño (5)
- ___ 2 zucchinis (6)
- ___ 2 squashes (6)
- ___ 1 t. minced ginger (6)

Canned/ Packaged

- ___ 4 Olé Xtreme Wellness High Fiber Low Carb 8 inch Wraps, or other 1 WW SP tortillas (2)
- ___ 1/4 c. salsa con queso (2)
- ___ 1 c. salsa (2)
- ___ 10 T. grated Parmesan cheese (3,4)
- ___ 1 (.7 oz.) packet dry Italian salad dressing mix (3)
- ___ 1/3 c. breadcrumbs (4)
- ___ 1 T. Worcestershire sauce (4)
- ___ 1 T. light mayonnaise (4)
- ___ 1 T. ketchup (4)
- ___ 8 light hot dog buns (4)

Spices/ Staples

- ___ 4 t. extra virgin olive oil (1,6)
- ___ 7 t. apple cider vinegar (1,5)
- ___ 1/4 t. onion powder (1)
- ___ 1/8 t. crushed red pepper flakes (1)
- ___ Salt (1,4,5,6)
- ___ Pepper (1,4,5,6)
- ___ Cooking spray (2,3,4,5)
- ___ 1 t. garlic powder (3)
- ___ 1 t. dried basil (4)
- ___ 1 t. dried oregano (4)
- ___ 1/2 T. sugar (5)
- ___ 2 T. teriyaki sauce (6)
- ___ 2 T. honey (6)

Refrigerator

- ___ 2-1/2 T. light butter (1,3)
- ___ 1/4 c. reduced fat crumbled feta cheese (2)
- ___ 1/2 c. reduced-fat shredded Mexican cheese (2)
- ___ 2 eggs (4)
- ___ 1/4 c. reduced-fat shredded cheddar cheese (4)

Freezer

- ___ 1 (15 oz.) package frozen chopped spinach (2)

Meat

- ___ 4 (4 oz. each) tilapia fillets (1)
- ___ 4 oz. thin sliced 97% fat-free smoked deli ham (approx. 12 slices) (2)
- ___ 8 (4 oz. each) thin-cut boneless, skinless chicken breasts (3,5)
- ___ 2 strips bacon (4)
- ___ 1 lb. 99% lean ground turkey (4)
- ___ 1 lb. 95% lean ground beef (4)
- ___ 1 lb. lean and trimmed beef strip sirloin (6)

Misc.

OPTIONAL SIDES:

- ___ Toppings you enjoy on cheeseburgers (i.e. ketchup, mustard, mayonnaise, barbecue sauce, etc.) (4)

THIS WEEK'S MEAL PLAN

- 1 Lemon & Herb Tilapia with Green Beans
- 2 Ham & Salsa-Pinach Quesadillas
- 3 Italian Parmesan Chicken & Florets
- 4 Bacon Cheeseburger Meatballs
- 5 Chicken & Corn Salsa
- 6 Honey Teriyaki Steak & Squash Stir Fry